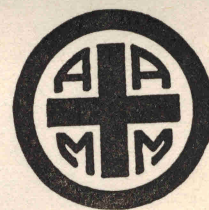


# Washington Massage

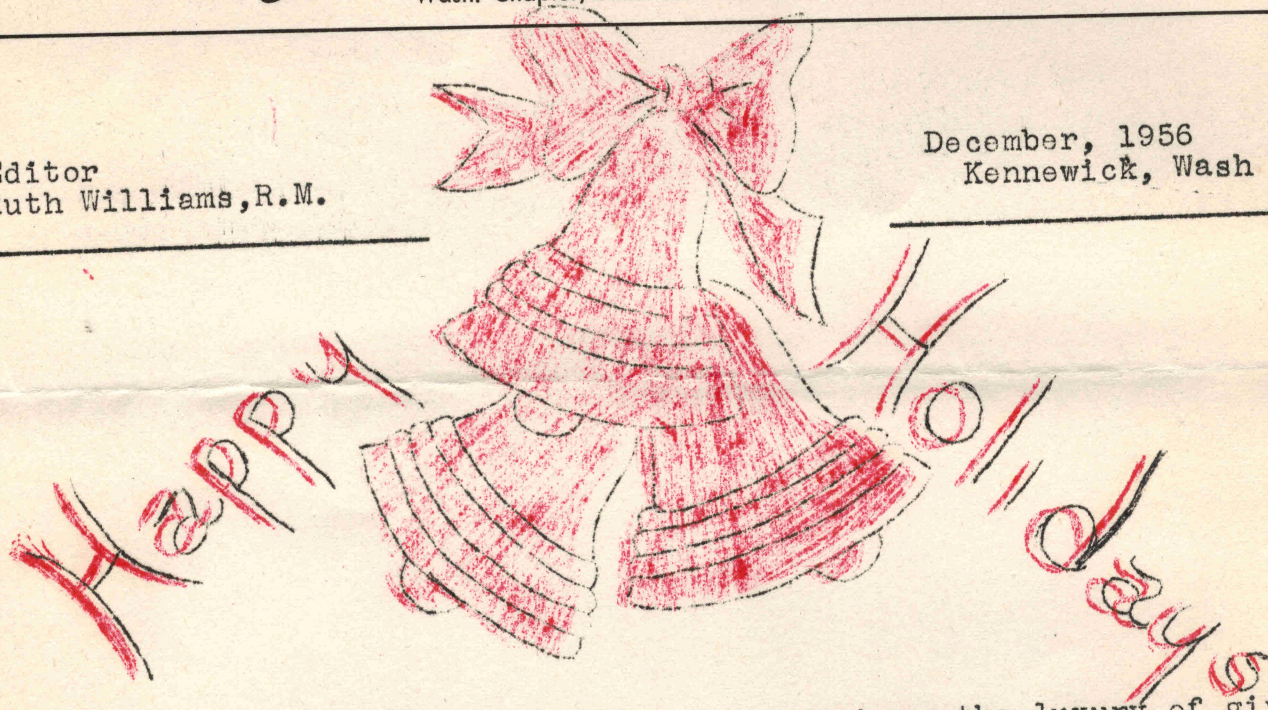
# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

Editor  
Ruth Williams, R.M.

December, 1956  
Kennewick, Wash



Thought for the day: One must be poor to know the luxury of giving.  
George Eliot.

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## HE WHO GIVES

By Ruth Williams R.M.

"I hear America Singing, the Varied Carols I hear", wrote the poet of democracy, Walt Whitman, and at this season we are increasingly aware of the "Strong melodious songs" that are all about us, songs of faith, songs of praise, songs of aspiration. People enjoy lifting up their voices in song, because God is in their hearts--and in recent years choral singing in America has reached new heights. Giving of one self in song and praise is the oldest form of giving. Many people are not talented in the art of singing but must express themselves in other ways--the poet in verse, the carpenter in building, the nurse in comforting physical ills, the minister in comforting the spiritual ills--all are giving of their best.

The masseur is giving of his strength and health every day and is richly rewarded for his efforts in the glowing faces of the ones he has helped. Sometimes he feels that there is nothing left in him to give, but God will supply his need if he will but ask. Neither earthquake, nor flood, nor high wind have power over the destiny of man. God only has that power. As we turn to Him in meditation we will find that He is with us, and the flood subsides, and the wind is calmed.

Give thanks to him, the Giver of all gifts.

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## PRESIDENTS MESSAGE

BY John A. Murray R.M.

### Thanksgiving In The A.A.M.M.

In the year 1620 our forefathers landed at Plymouth Rock, they were prompted to seek a new land and a new home site, because they wanted freedom of worship, independence, freedom of speech, and to live and let live.

Today our A.A.M.M. is comparable to that early history in America, we are a group of technicians bonded together, seeking independence and freedom, to practice our profession of massage and related techniques, to live with other members of the healing arts, and to be let live. We have enjoyed that freedom to some extent over the years, without interference, from other professions in the healing arts, however, we have the feeling of insecurity, because our legal protection is inadequate or entirely lacking.

Like our forefathers, we must seek and obtain that necessary protection, we can't go to a new land, so we must have legislation, to give us the security we need, a few members here and there, can't accomplish that good. It will take efforts by every member, to do what must be done.

We can be thankful that we have a man like David S. Carlson, as our National President. He not only lends the same dignity to the National A.A.M.M. office that Presiding Eisenhower lends to the office of United States President, but he is sincere and business like in his official duties. When you write him you get a prompt reply.

We are thankful for other members who are doing their bit, and a little more, we are thankful to Ruth Williams for the work she did on Schools and Colleges, That took a lot of work and letter writing. To Milton Niedfelt for his work in organizational duties, the job is not easy he really works. (I called on him one night, he has prepared a stack of letters to prospective chapters that needed a mountain burro to pack them to the post office.) We are thankful to Pryor Cannady for his honest and sincere work as our local president, To Regina Williams our vice president, always willing to be of service and always present. To Pete Eitheim for his splendid work and co-operation as our state secretary and treasurer and to our entire state executive board for their willing co-operation.

If everyone put forth even half the effort that is put forth by even a few, we could be truly thankful for a strong association of wonderful people.

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### SEATTLE NEWS

By Jennie Kedslic

The next meeting of the Seattle A.A.M.M. will be held at the usual place, Mannings, on January 5th, 1957, 7 o'clock until 10 o'clock. This is the first meeting in the new year, please all try to attend. Very few were at the meeting of November 10th. Can't we show a better spirit?

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(Editors note: This is the long lost letter from outgoing President Arthur Mann to incoming President John A. Murray which should have been in the July issue.)

June 24, 1956

Dear Members;

First I wish to congratulate our new state president who I feel is a very capable man and I know that with your cooperation our organization shall continue to grow.

I have enjoyed the three years I have served as your president.

For one thing working with you members I became better acquainted and the fellowship of working and planning together is a memory which we shall all, no doubt, look back to with nostalgia for as this organization grows and the numbers increase, we will probably not have quite the close personal contact that we now have in our work.

However the goal which we are all working and looking ahead to, of being an organization that is recognized nationally, this goal will some day be reached, but in the meantime do not loose heart at the long hours of work and time which must be contributed in order to bring this dream to become a reality.

I often think of our ancestors who pioneered this country. They left comfortable homes to come west to a land of which hardly anything was known.

The dream which they carried in their mind must have been strong indeed to give them the courage to stand the trials of the trail, the deaths, Indians etc. which our history books tell us about.

I feel that if our ancestors could bring these supposedly impossible dreams to pass, that we as pioneers in the field of Massage can do the same if we but keep the vision of what we want before us and do not admit defeat.

The story behind every successful business man or organization is one of problems, mistakes, sacrifices etc., but this is the way they learn and experience is a hard teacher but the lessons she teaches are not soon forgot.

Again I wish to thank you all.

Arthur D. Mann

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THE QUESTION OF FLUORIDE

Dear Ruth,

The idea of fluoridation is being promoted here by a dentist and doctor. The enclosed letters are explanatory and the thought comes to me it might be of interest to other members of our association should fluoridation ever come up in their town.

The "new" Washington Massage is sure a wonderful improvement and will surely be far more attractive to patients in a waiting room than formerly.

Best Wishes

Lew Hatch

(Ed. Note: Do you have fluoridation debates in your city? The figures below, were sent to us from Larry Schoonover, Box 444, Cour d' Alene, Idaho, who lost his wife due to diabetes and weak kidneys which were aggravated by fluorides in the water, according to diagnosis by Dr. Wm. H. Myhree, Spokane.)



The figures below, which I am giving you were taken from the files of the Idaho Water Company, with their permission. This company had to pay for the fluoride used in our water supply also they had to pay for the equipment, its installation and the operation of it.

(1) The cost of the fluoride used was average \$3000.00 per year for 15,000 population.

(2) The water supply had fluorides added from 1/27/52 until 5/10/55. The matter was brought to a vote of the people by consent of our City Council and the people voted out fluorides by a majority of over 3 to 1.

(3) In the beginning a petition was circulated and the fluoride was added as a result. However many signers or most of them did not realize what they were petitioning for. We relied on the advice of our local doctors, dentists and the state health dept. (My wife and I signed her death warrant.)

(4) The cost of the equipment in our city was \$7000.00. Three operators were required here. These operators tested the water once each day and the health dept. tested once each week.

(5) Not all of our local physicians and dentists were in favor of fluoridation of our water supply. Some of them were of the opinion that drinking water was not the proper media to use inasmuch as the fluorides were harmful to some people, especially the older ones. And also some children's teeth became mottled because of it. It has been reliably established by Dr. Exner of Seattle that the average of the children affected by having mottled teeth because of fluorides is 15%. This 15% says the local health dept. is expendable because so many children are helped. BUT suppose YOUR child is one of the 15% expendable was our answer to this.

(6) One of our local water company's employees became poisoned by not wearing the proper protective clothing while dumping the fluoride in the hopper at the water plant and is still ill. His case may have been settled by this time but of course, there is no publicity allowed on this matter.

(7) We protested such a mass medication on the grounds that we did not believe that anyone had the right to put anything in our drinking water supply except to purify it.

(Ed, Note; The above article does not mean that the A.A.M.M. is taking a stand for or against fluoridation. It is a new item only.)

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#### CHEMICAL INVENTORY

##### FLUORIN

Fluorin belongs really to the chlorin group. It is found in limited quantities in sea and river water, in swamps, and, as well, in some minerals. In animals it is found in the horns and hoofs, and it is also found in the feathers of birds. It unites readily with hydrogen, in which form it becomes a highly corrosive acid strong enough to eat through glass.



From three to four ounces of this element have been isolated in the human body after death. In most instances it is united with calcium. Fluorin is practically the only element with which oxygen will not unite. It enters into the actual structure of the body as part of the enamel of teeth, the outer covering of bone, certain eye structures, and the spleen. It has much to do with the health and repair of bone tissue, and plays an important part in the blood stream.

Many forms of disease germs are rendered harmless through the action of fluorin, particularly germs which characterize deep-seated disease which usually attack the bones. Fluorin preserves the teeth; it works with calcium, manganese, and phosphorus in protecting and building the hard tissues of the body.

Fluorin starvation provides for teeth and bone disease. It gives rise to spleen enlargement. When the perspiration is greasy, and when the eyes are puffy and the lids stick together, fluorin is deficient.

Fuss formations are common, the gums become loose and spongy, and bleed easily; nails, eyelashes, and skin are diseased; the tongue has a mustard-like coating; when milk produces distress and billiousness, and there is a pressure behind the eyeballs, and the eyelids are sore to touch, you need fluorin foods. Increase them by selecting one or two each day from the list given. Cauliflower, cabbage, cod liver oil, goats milk, goats cheese, roquefort cheese, sauer kraut, spinach, etc.

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It is respectfully suggested that the students of better living use these notes on chemical inventory constantly, in selecting foods for their personal needs and those of their patients. Many dollars can be saved, and much sickness prevented, if an intelligent effort is made to harmonize your personal needs with the directions given in this volume.

No effort has been made to present the problem from a technical angle--rather the opposite has been attempted. The past issues of chemical inventory have been designed to simplify the study of food value, and to reduce the material to a form where it will be of use to the individual who has not given it a great deal of thought.

Keep the food lists handy. Study the material thoroughly, and follow the suggestions offered. The body is a highly sensitized unit, and will respond in its own way to intelligent effort on your part to supply the materials needed for building, repairing, energizing, and operating the body. Expect no miracles. Be consistent with common sense, and trust your own good judgement when no specific directions are given.

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The massage parlor on Capitol Hill (Niedfelts) is getting a new face lifting with Walls and ceiling done in a pretty ripple green.

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The Atomic Health Center is putting the finishing touches on the new clinic this week. A new mahogany reclining steam bath and the natural finish cedar siding give the place a touch of elegance. There is thanksgiving in the heart of the Williams' today.